



HON. MAUD PAUNCEFOOT

## The Quiet Courage of Women

By Maud Pauncefoot.

Manly Courage Usually Physical and Brilliant—Womanly Courage Long-Suffering and without Glory—Many Do Not Realize Their Bravery—Patient Endurance of Straitened Circumstances and Unhappy Homes—Disappointment Concealed with a Smile—Hardships Endured by Refined Women Whom Misfortune Has Overtaken.

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(The Hon. Maud Pauncefoot is the eldest daughter of the late Lord Pauncefoot, first ambassador from Great Britain to the United States. During the long and honorable career of her distinguished father in this country the British embassy was one of the chief centers of social life in Washington.)

The courage of men is one of the many wonders of the human race. If it were not for this indisputable fact the world would not be conquered and the greater part of it rendered habitable by the courage and industry of man. Especially in America do we realize what this courage has done. When we read of the hardships undergone by the pilgrims—women and men alike—and the struggle that went on to make homes for themselves and their children, we begin to understand that were it not for the indomitable courage shown by them the United States might not now be holding its proud position among the world's greatest nations. A witty lawyer once remarked that the pilgrim mothers deserve the greatest credit. He said: "How few sympathize with the pilgrim mothers! Yet, added to all else, they had to put up with the pilgrim fathers as well."

Women seldom have physical courage, though there are several historical instances of it. There was Joan of Arc. There were the women in Holland, who helped defend the cities against overwhelming odds. Even now one frequently reads in the daily papers of one woman protecting a house against a burglar or performing other heroic acts, but usually woman's courage comes out in a far quieter and a more long-suffering form, with no glory attached to it.

Washington is a spot to make one reflect on the courage of women. To see the daily defile at 4 o'clock from the departments, where 1,000 women are employed, is magnificent, now that wage-earning for women is an established fact.

No one knows what courage is needed for a woman constitutionally nervous to have to be on time early every morning at an office winter and summer, snow or heat; but the determination to do so keeps them up, for the mainspring of a woman's life—love—helps them along. There is usually a mother or sister or there are children whose very existence depends on the vigor of one member of the family. For them the woman works unceasingly, uncomplainingly and devotedly.

The salaries are high in government employ; so, with some little addition, a manless household can get along, but it is a struggle.

Then there is the courage of economy, which being translated means self-denial. The married woman or young girl not a wage-earner but one who by necessity of reduced means deprives herself of amusements and of all expenditure on self, stitching away with her own hands to save dressmakers' bills and buying nothing for herself except the actual necessities of life—that means courage; for it is well known that shopping and clothes to the feminine mind are among life's temptations.

No one enjoys economy, for it means self-denial and constant thought. It is aging and unbecoming; but quite unostentatiously women practice it and bravely deprive themselves of half the fun which is given to more fortunate sisters, making no complaint and not realizing how brave they are in this daily battle.

As women have to bring up the rising generation more depends on their personality than on men. It therefore behooves women to try to mold their own characters, above all to control their tempers, to avoid all feelings of favoritism, as children are so quick at finding out those things and as a result become morbid and jealous. The initiative talent of children is appalling, and in a man or woman of little control of character one recognizes the development of the weak character of the mother who failed in the training of the individual. Naturally as people grow older they can improve themselves, but grown people are rarely told of their faults and many faults are glaring to outsiders while the person is absolutely unconscious of their possession, accounting for the many nervous, selfish and uncontrolled women to be met.

Where necessity drives, the character, no doubt, strengthens. Adversity is a hard taskmaster and in most cases what persons do not endure themselves they cannot realize for others.

Of the many splendid and excellent charities and endowments given to America, with noble generosity by men who in many cases have made their millions themselves, as, for example, the Stanford university, the Johns Hopkins hospital, the endless hospitals in New York given and endowed by private munificence, and the libraries now sprinkled over a large area by Mr. Carnegie, one gift which does not make so much stir in the world and one which fills a great need is Mr. Corcoran's Louise home. Mr. Corcoran was a great benefactor. After the war many women, accustomed to all luxuries, were left in straits; so he built this fine mansion to give them the shelter that they had been accustomed to.

Great fortunes are now frequently rising so that perhaps some day it may occur to a philanthropist that a house somewhat on the lines of Mr. Corcoran's thought would be a god-send in Washington. It should be an apartment house in which there was no limit of age, and where there were few hard and fast rules, such as dividing families. There mother and daughter need not be divided, nor two sisters; they could have an apartment to themselves, perhaps paying a sum toward a general mess, in which case the rooms, the warming and the gas would be given free. Then the salary or annuity would cover expenses without a care. If ever this can be accomplished Washington is the place for it, for it is there that so many come whose professions bring them to the capital to live on salaries which die with the worker.

There the army and navy, diplomats, men in all government employ go to live and they gather from all parts of the union, frequently ending their careers in Washington, leaving their wives and daughters—women unaccustomed to work—in many cases with very meager annuities. If these could get comfortably housed, rent free, in a befitting manner they would get along comfortably enough without the daily struggle of life's battle.

This charity would certainly help a class of brave women and give them a feeling of home and a possibility of security which, with the hand-to-mouth existence they must lead, prove a dignified way of throwing to the winds the income of \$10,000,000. But if it is used to apply the ax of keen, frank research and vital suggestion to the root of the evil of poverty, dullness, ignorance and vice, it may be the beginning of the end of the slum and whisky perversion of our civilization.

### The Essential Consideration.

"Do you think there is any use in trying to convince people of the correctness of your arguments?" "It isn't necessary," replied the born orator. "They do not care for the correctness of my arguments as much as for the eloquence with which I present them."—Washington Star.

### A Similarity.

"Did you ever try the stock market?" asked the eastern man. "No," answered Broncho Bob. "But it's my guess that a deal in stocks is pretty much like a deal in fars. You want to fight unless you know the dealer."—Washington Star.

### Encourage Saving.

The wise father and mother will never discourage the fancies of their children for accumulating things. It is a natural instinct, inborn in the most of people, and given a little thought and care by the older heads may be turned to good account. If the child begins to collect "pretty" pebbles or shells at the seashore don't throw them out—but let them form the basis of a little geological collection, and with proper guidance the youngster will soon be looking upon "sticks and stones" with an interested and educated eye.

### Clever Trick of Tramp.

A queer comedy of cheating is now causing much amusement in Paris. A laborer named Bedasne, living at Ymonville, in the Eure et Loir, went to Melun with two pounds in his pocket. Having spent this in liquor, he conceived the idea of getting on to Paris for nothing.

Finding an empty third-class compartment, he fastened a flannel belt round his neck, stuffed a handkerchief into his mouth, pitched his empty purse onto the opposite seat and, lying down, first had a sleep and then, when Paris was reached, refused to give any sign of life till the alarmed station staff poured a cordial into his mouth.

Then he was taken to a hospital, where he told a story of being attacked by three men, but police questions becoming too difficult, he at last related his stratagem, and was bled from his sick bed to prison.—London Globe.

### SPLENDID APRIL TONIC.

Easily Prepared at Home and Harmless to Use.

This is known as "Blood-Cleaning Time," especially among the older folks, who always take something during this month to clean the blood of impurities and build it up.

The following is the recipe as given by a well-known authority, and anyone can prepare it at home: Fluid Extract Dandelion one-half ounce, Compound Kargon one ounce, Compound Syrup Sarsaparilla three ounces.

Get these simple ingredients from any good pharmacy and mix by shaking well in a bottle. The dose is one teaspoonful after meals and at bedtime.

Everybody should take something to help the blood, which becomes impoverished and almost sour after the winter season, especially those who are subject to Rheumatism, Catarrh, Kidney and Bladder trouble.

It is said that one week's use of this mixture will clear the skin of sores, pimples or boils.

This is sound, healthy advice, which will be appreciated by many readers.

### HAD NERVE, BUT NO MONEY.

Unlucky Man's Modest Request for Pecuniary Assistance.

Raymond Hitchcock, the comedian, while in New Orleans a few months ago, took the opportunity of going to the races. During the afternoon he cashed several tickets, the result of good guesses. He was feeling happy after the last race, and started for the automobile which was to convey him back to his hotel. As he was about to climb into the machine he felt a hand on his arm, and a man shouted in his ear:

"Hello, Hitchcock, how are you? Hear you put a crimp in the bookies today?"

Hitchcock blushed and shook hands sheepishly, not recognizing the man, and not wishing to show it.

"Say, I want to speak to you confidentially," said the stranger.

"All right; what is it?" asked the comedian.

"Well, I am up against some hard luck today. They cleaned me and I want to get home. Now, don't let any one of these people see you, but slip me enough for car fare, will you?"

"Sure," said Hitchcock, placing his hand in his pocket. Then he paused and queried: "Where do you live?"

"Vancouver," was the answer.

Hitchcock took a flying leap for his machine, and unless the visitors at New Orleans are more glib, the impetuous one is still looking for car fare.—Harper's Weekly.

### ROMANTIC DEVONSHIRE.

The Land Made Famous by Philipotts' Novels.

Philipotts has made us familiar with romantic Devonshire, in his fascinating novels, "The River," "Children of the Mist," etc. The characters are very human; the people there drink coffee with the same results as elsewhere. A writer at Rock House, Orchard Hill, Bideford, North Devon, states:

"For 30 years I drank coffee for breakfast and dinner but some five years ago I found that it was producing indigestion and heart-burn, and was making me restless at night. These symptoms were followed by brain fog and a sluggish mental condition. "When I realized this, I made up my mind to quit drinking coffee and having read of Postum, I concluded to try it. I had it carefully made, according to directions, and found to my agreeable surprise at the end of a week, that I no longer suffered from either indigestion, heart-burn, or brain fog, and that I could drink it at night and secure restful and refreshing sleep. "Since that time we have entirely discontinued the use of the old kind of coffee, growing fonder and fonder of Postum as time goes on. My digestive organs certainly do their work much better now than before, a result due to Postum Food Coffee, I am satisfied. "As a table beverage we find (for all the members of my family use it) that when properly made it is most refreshing and agreeable, of delicious flavor and aroma. Vigilance is, however, necessary to secure this, for unless the servants are watched they are likely to neglect the thorough boiling which it must have in order to extract the goodness from the cereal." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a reason."

Carpets can be colored on the floor with PUTNAM FADELESS DYES. Ask your druggist. 10c per package.

People seldom improve when they have no other model but themselves to copy.—Goldsmith.

Mrs. Winslow's Soothing Syrup. For children teething, relieves the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Every man is valued in this world as he shows by his conduct that he wishes to be valued.—Bryere.

FITS, St. Vitus Dance and all Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. Send for Free \$2.00 trial bottle and treatise. Dr. J. H. Kline, Ltd., 931 Arch St., Philadelphia, Pa.

I have lived to know that the great secret of human happiness is this: Never suffer your energies to stagnate.—Dr. Adam Clarke.

Garfield Tea, which is guaranteed under the Pure Food and Drugs Act, is the best remedy for constipation, sick-headache, and indigestion. It purifies the blood and cleanses the system.

To live but one day in good will to all men is to anticipate and hasten that day when all men shall live in good will.—Bliss Ferry.

It Cures While You Walk. Allen's Foot-Ease is a certain cure for hot, sweating, callous, and swollen, aching feet. Sold by all druggists. Price 25c. Don't accept any substitute. Trial package FREE. Address Allen S. Olmsted, Le Roy, N. Y.

### Peculiar Brazilian Art.

In Brazil there is a large art which is regarded by the natives as good to eat, when roasted—a delicacy as choice, indeed, as snails are rated by the French. Sometimes they dress the tiny creatures up like little dolls, and put them in boxes to sell to tourists as a Brazilian curiosity.

### How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

Y. J. CHENEY & CO., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly reliable in all business transactions and financially able to carry out any obligations made by him.

WALDO, KINMAN & MARTIN, Wholesale Druggists, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surface of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all druggists.

Take Hall's Family Pills for constipation.

### Horse Was Fastidious.

A cockney cabby who had just affixed his horse's nosebag, turned to the driver of a broken-down motor

"bus close by and shouted out: "Now, then, clear off with your oil box, 'cos the smell of it spoils my 'orse's luncheon."—Tit-Bits.

## The General Condemnation of So-Called Patent or Secret Medicines

of an injurious character, which indulge in extravagant and unfounded pretensions to cure all manner of ills, and the

### National Legislation Enacted to Restrict Their Sale

have established more clearly than could have been accomplished in any other way

### The Value and Importance of Ethical Remedies.

Remedies which physicians sanction for family use, as they act most beneficially and are gentle yet prompt in effect, and called ethical, because they are of

### Known Excellence and Quality and of Known Component Parts.

To gain the full confidence of the Well-Informed of the world and the approval of the most eminent physicians, it is essential that the component parts be known to and approved by them, and, therefore, the California Fig Syrup Company has published for many years past in its advertisements and upon every package a full statement thereof. The perfect purity and uniformity of product which they demand in a laxative remedy of an ethical character are assured by the California Fig Syrup Company's original method of manufacture, known to the Company only.

There are other ethical remedies approved by physicians, but the product of the California Fig Syrup Company possesses the advantage over all other family laxatives that it cleanses, sweetens and relieves the internal organs on which it acts, without disturbing the natural functions or any debilitating after effects and without having to increase the quantity from time to time.

This valuable remedy has been long and favorably known under the name of Syrup of Figs, and has attained to world-wide acceptance as the most excellent of family laxatives, and as its pure laxative principles, obtained from Senna, are well known to physicians and the Well-Informed of the world to be the best of natural laxatives, we have adopted the more elaborate name of Syrup of Figs and Elixir of Senna, as more fully descriptive of the remedy, but doubtless it will always be called for by the shorter name of Syrup of Figs; and to get its beneficial effects, always note, when purchasing, the full name of the Company—California Fig Syrup Co.—plainly printed on the front of every package, whether you simply call for Syrup of Figs, or by the full name, Syrup of Figs and Elixir of Senna, as Syrup of Figs and Elixir of Senna is the one laxative remedy manufactured by the California Fig Syrup Company, and the same heretofore known by the name, Syrup of Figs, which has given satisfaction to millions. The genuine is for sale by all leading druggists throughout the United States in original packages of one size only, the regular price of which is fifty cents per bottle.

Every bottle is sold under the general guarantee of the Company, filed with the Secretary of Agriculture, at Washington, D. C., the remedy is not adulterated or misbranded within the meaning of the Food and Drugs Act, June 30th, 1906.

## CALIFORNIA FIG SYRUP CO.

Louisville, Ky.

San Francisco, Cal.

U. S. A.

London, England.

New York, N. Y.

# Strength for Women

## Your Weakness

is almost surely due to some trouble of the womanly organs, which acts unfavorably upon your whole constitution.

Women are naturally weaker than men, because of the special delicacy of the womanly organs.

Wine of Cardui's success, in benefiting and curing sick women, is due to the fact that it gives women strength where they most need it.

It is composed of certain vegetable extracts and ingredients, which act gently and sympathetically upon the female organs and constitution, regulating, strengthening and rebuilding. All these are facts.

Mrs. Annie Hutton, of Goltzy, Okla., writes: "I suffered greatly with female pains and weakness. I was so weak I could hardly stand. I had

cramps, leg aches, trembling spells and could not sleep well. I began to take Cardui and in a week I was much better. You can have no

idea how much good it has done me. I feel better all over and recommend Cardui to all my friends." Sold at all druggists in \$1.00 bottles.

Write today for a free copy of valuable 64-page illustrated Book for Women. If you need Medical Advice, describe your symptoms, stating age, and reply will be sent in plain sealed envelope. Address: Ladies' Advisory Dept., The Chattanooga Medicine Co., Chattanooga, Tenn.

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W. L. Douglas shoes are recognized by expert judges of footwear to be the best in style, fit and wear produced in this country. Each

part of the shoe and every detail of the making is looked after and watched over by skilled shoemakers, without regard to time or cost.

If I could take you into my large factories at Brockton, Mass., and show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer, and are of greater value than any other makes.

W. L. Douglas name and price is stamped on the bottom, which protects the wearer against high prices and inferior shoes. Take No Substitute. Sold by the best shoe dealers everywhere.

First Color Exports sent exclusively. Catalog mailed free. W. L. DOUGLAS, Brockton, Mass.



## "Glad I Took One!!"

Sweet and Little, but the way they exercise the bowels is—well, it's very, very satisfying; yes, and you'll say to yourself, "Why, how delightful I feel!" and a "Glad-I-Took-One" feeling creeps all over you.

It's a joyous privilege—really, to have a sweet little pill to exercise the bowels without purging, griping, and straining them.

Costiveness does lots of harm. Avoid it by taking Blackburn's Sweet Little Pills.

They nourish the Bowel Nerves. 10c, 25c, and \$1.00. All druggists.

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